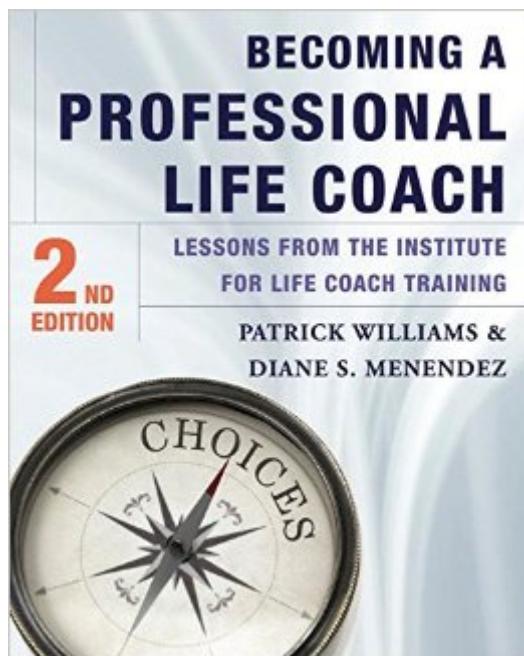


The book was found

Becoming A Professional Life Coach: Lessons From The Institute Of Life Coach Training



Synopsis

An updated version of the best-selling therapist-to-coach transition text. With his bestselling Therapist As Life Coach, Pat Williams introduced the therapeutic community to the career of life coach, and in *Becoming a Professional Life Coach* he and Diane Menendez covered all the basic principles and strategies for effective coaching. Now Williams, founder of the Institute for Life Coach Training (ILCT), and Menendez, former faculty at ILCTâ •both master certified coachesâ •bring back the book that has taught thousands of coaches over the past eight years with all-new information on coaching competencies, ethics, somatic coaching, wellness coaching, and how positive psychology and neuroscience are informing the profession today. Moving seamlessly from coaching fundamentalsâ •listening skills, effective language, session preparationâ •to more advanced ideas such as helping clients to identify life purpose, recognize and combat obstacles, align values and actions, maintain a positive mind-set, and live with integrity, this new edition is one-stop-shopping for beginner and advanced coaches alike. Beginning with a brief history of the foundations of coaching and its future trajectory, *Becoming a Professional Life Coach* takes readers step-by-step through the coaching process, covering all the crucial ideas and techniques for being a successful life coach, including: â ¢ Listening to, versus listening for, versus listening with â ¢ Establishing a clientâ ™s focus â ¢ Giving honest feedback and observation â ¢ Formulating first coaching conversations â ¢ Asking powerful, eliciting questions â ¢ Understanding human developmental issues â ¢ Reframing a clientâ ™s perspective â ¢ Enacting change with clients â ¢ Helping clients to identify and fulfill core values, and much, much more. All the major skillsets for empowering and â œstretchingâ •clients are covered. By filling the pages with client exercises, worksheets, sample dialogues, and self-assessments, Williams and Menendez give readers a hands-on coaching manual to expertly guide their clients to purposeful, transformative lives. Today, with more and more therapists incorporating coaching into their practices, and the number of master certified coaches, many with niche expertise, growing every year, *Becoming a Professional Life Coach* fills a greater need than ever. By tackling the nuts and bolts of coaching, Williams and Menendez equip readers with the tools and techniques they need to make a difference in their clientsâ ™ lives.

Book Information

Hardcover: 480 pages

Publisher: W. W. Norton & Company; 2 edition (March 23, 2015)

Language: English

ISBN-10: 0393708365

ISBN-13: 978-0393708363

Product Dimensions: 8.4 x 1.3 x 10.4 inches

Shipping Weight: 2.5 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ See all reviewsÂ (73 customer reviews)

Best Sellers Rank: #97,872 in Books (See Top 100 in Books) #100 inÂ Books > Business & Money > Management & Leadership > Mentoring & Coaching #250 inÂ Books > Medical Books > Psychology > Counseling #303 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Counseling

Customer Reviews

I highly recommend "Becoming a Professional Life Coach" for both new and experienced coaches, and for anyone interested in learning the "coach approach" in their lives, business and communities. Today coaching skills are an invaluable resource, both in the workplace and for personal fulfillment, yet there are still millions that don't even know what coaching is or how to become one. Pat and Diane deliver an easy to read, comprehensive guide offering history, theory and practical application of the most potent skills used by professional life coaches worldwide. This book addresses a great need in the marketplace. As a veteran coach, it was refreshing to expand my own depth of knowledge on skills I've been using for years. They describe the skills, and when and how to use the skill most effectively. I also love how they included the developmental stages of consciousness, which help people recognize how ready someone is to change, and the best way to support someone to the next stage. They've also included sections on identifying life purpose, creating fulfillment and working on practical issues like money. The case studies integrate real-life examples to demonstrate how a skill or process is put into action. Since Patrick Williams is the founder of his own coaching school, I expected a cookie cutter curriculum from his own school's teachings. However, I was pleasantly surprised at how thoroughly they integrated and referenced the best disciplines from a variety of coaching schools, as well as useful and distinguished models from the field of psychology. It is no wonder that Patrick Williams is known as "The Ambassador for Life Coaching.

[Download to continue reading...](#)

Becoming a Professional Life Coach: Lessons from the Institute of Life Coach Training Dog Training: A Step-by-Step Guide to Leash Training, Crate Training, Potty Training, Obedience and Behavior Training Color Atlas and Synopsis of Clinical Ophthalmology -- Wills Eye Institute -- Glaucoma (Wills Eye Institute Atlas Series) Color Atlas and Synopsis of Clinical Ophthalmology --

Wills Eye Institute -- Retina (Wills Eye Institute Atlas Series) Color Atlas and Synopsis of Clinical Ophthalmology -- Wills Eye Institute -- Neuro-Ophthalmology (Wills Eye Institute Atlas Series) Art Williams: COACH: The A. L. Williams Story: How a No-Name Company, Led by a High School Football Coach, Revolutionized the Life Insurance Industry What I'd Teach Your Horse: Training & Re-Training the Basics (Horse Training How-To) (Volume 8) Puppy Training Guide 4th Edition: The Ultimate Handbook to Train Your Puppy in Obedience, Crate Training, and Potty Training Becoming an Exceptional Executive Coach: Use Your Knowledge, Experience, and Intuition to Help Leaders Excel Singing Lessons for Little Singers: A 3-in-1 Voice, Ear-Training and Sight-Singing Method for Children: A 3-in-1 Voice, Ear-Training and Sight-Singing Method for Children MCSE Training Kit (Exam 70-270): Windows XP Professional (MCSE Training Kits) Professional Truck Technician Training Series: Heating, Ventilation, Air-Conditioning and Refrigeration Computer Based Training (CBT) Becoming Adult, Becoming Christian : Adult Development and Christian Faith A Repair Kit for Grading: Fifteen Fixes for Broken Grades with DVD (2nd Edition) (Assessment Training Institute, Inc.) 2016 ICD-10-CM Physician Professional Edition (Spiral bound), 2015 HCPCS Professional Edition and AMA 2015 CPT Professional Edition Package, 1e 2016 ICD-10-CM Physician Professional Edition (Spiral bound), 2016 HCPCS Professional Edition and AMA 2016 CPT Professional Edition Package, 1e 2013 ICD-9-CM for Hospitals, Volumes 1, 2, and 3 Professional Edition (Spiral bound), 2013 HCPCS Level II Professional Edition and 2013 CPT Professional Edition Package, 1e CPT 2014 Professional Edition (Current Procedural Terminology, Professional Ed. (Spiral)) (Cpt / Current Procedural Terminology (Professional Edition)) CPT 2010 Professional Edition (Current Procedural Terminology, Professional Ed. (Spiral)) (Current Procedural Terminology (CPT) Professional) Tackling Life Head on: Lessons for Kids' Lives With Ronnie Lott As "Coach

[Dmca](#)